

# Serving the Air Force for more than 50 years

*Norman Facer has been serving the Air Force for more than 50 years as an active duty member and a civilian cook. For story, see page 9. (Photo by Senior Airman Garrett Hothan)*







Fire Prevention Week

Ford Brooks, Chief of Fire Protection for Joint Base Elmendorf and Richardson Emergency Services; Lt. Col. James Hodges, JBER Fire Marshall; and Bill Bennyhoff, JBER Fire Chief; stand by as Brig. Gen. Hawk Carlisle, 3rd Wing commander, signs the annual Fire Prevention Week Proclamation Oct. 6 for 2006. This week is Fire safety week, and the theme is “Prevent Cooking Fires: Watch What You Heat.” The proclamation states that members here support the actions of fire safety week. (Photo Staff Sgt. Rhiannon Willard)

Escaping the burden of credit card debt

By Master Sgt. Jeffrey Sanner  
Air Force Materiel Command  
Manpower, Personnel and Services

WRIGHT-PATTERSON AIR FORCE BASE, Ohio— Let’s face it: Credit card debt is a heavy burden to carry. Current statistics report that American credit card debt is \$785 billion, or an average of about \$7,500 per household.

Yes, credit cards are convenient. There is nothing wrong with maintaining a credit card for emergency purposes or the occasional large purchase. The problem arises when we misuse credit cards, using them as a supplement to our income.

When this happens, and debt accumulates, the stress produced can take a toll on our personal relationships, our peace of mind and, even our health.

When Air Force Materiel Command introduced its Wellness and Safety Campaign last spring, a Web-based wellness survey tool debuted as well. AFMC leadership is using the anonymous, voluntary survey to get feedback on issues related to the wellness and safety of its work force. Question 10 asked survey takers to identify their immediate credit card debt.

A good rule to follow when looking to purchase anything is that if you don’t know when or how you will pay for an item, then you probably

can’t afford the item therefore shouldn’t “charge it.”

That’s good advice, you say. But what if you are already over your head in debt, or you just want to knock out some balances you have been carrying? Here are some tips that can help you:

1. Stop spending. The first step is to reduce your use and dependence on credit cards. Cut up all but one card with the best terms. You can’t use a credit card that is maxed out anyway, and you will reduce the temptation to use it again once it is paid off. An interesting piece of advice I read was to freeze the card in a cup of water. This will reduce your access to it, and create a barrier to using it for convenience.

2. Get on a budget. You need to know where your money is going before you know how much you can pay toward your cards. This will also ensure that your mandatory bills, i.e. food, housing, car, etc., are paid first.

3. Establish an emergency fund. Establishing \$500 to \$1,000 in savings will provide a safety net for life’s little emergencies, and will avoid adding to your credit card balances.

4. Find the hidden money. If you are honest about your expenditures you probably have some luxuries you could live without. Luxuries such as premium cable/satellite, internet and cell phone

packages are not necessary for survival.

5. Pay your highest-dollar cards, first. List each of your credit cards, their interest rates, and their minimum payments. Pay the minimum balance on the lower interest cards, and then pay the maximum you can afford to the highest interest card. This process is called laddering.

6. Make two payments a month. Each payday send a payment to the highest rate credit card company. This pays down the principal faster, and is equal to an extra month’s payment over the course of a year.

7. Consider finding extra income. A part-time job can help accelerate your debt repayment. Even just a few hours a week can provide a boost.

8. Seek help. We go to the doctor when we are sick, so, if your finances are suffering then get some help. Your base Airman and Family Readiness Centers have certified financial counselors on staff ready and willing to help you. Their only goals are to help you, and ensure your readiness to support the Air Force mission.

You have the power to make wise choices and be financially free. It will require discipline, as well as willingness to examine and change spending habits. The good news is, regardless of where you’re at, you can chart a course to be free from credit card debt.



Brig. Gen. Hawk Carlisle  
3rd Wing commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done?

The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**  
**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

Key phone numbers:

Lt. Col. James Hodges, 3rd CES/CC  
552-3007  
Lt. Col. Michael Borgert, 3rd SVS/CC  
552-2468  
Lt. Col. Paul Story, 3rd SFS/CC  
552-4304



Sourdough Sentinel

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For more information, call the Sourdough Sentinel office at 552-2493 or 552-8941, e-mail: [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil), fax us at 552-5111, or write to us at:

3rd WG/PA, 10480 22nd St. Ste. 119  
Elmendorf AFB, AK 99506

3rd Wing Moment in History

Nov. 9, 1940:

The War Department Adjutant General stated, “The Army Post near Anchorage, Alaska, now known as Elmendorf Field, is designated Fort Richardson and the airfield thereat is designated Elmendorf Field.”



Elmendorf Field Aerial, July 1941



# Operation Alaskan Road

## Summer construction wraps up; winter construction begins

By Master Sgt. Tim Hoffman  
Alaskan Command Public Affairs

The ninth year of road-building concluded Sept. 22 for Operation Alaskan Road on Annette Island, Alaska. The Joint Task Force reported significant progress on the road this summer and, with an extended construction season this winter, is expected to wrap up the project in the fall of 2007.

“This has been a great training opportunity for our military members,” said Col. Paul Curtis, Director of Logistics for Alaskan Command. The command oversees the project. “The training prepares our military forces for assignments to Iraq and Afghanistan. We recently heard from Army Reservists with the 397th and 367th Engineering Battalions who told us that they firmly believe the teamwork and joint service interaction they received while working at Operation Alaskan Road helped them gel and work more efficiently when they were deployed to war zones,” said the colonel.

Operation Alaskan Road is part of a continuing effort to make good on a 60-year-old promise by the Alaska Department of the Interior, the Alaska Road Commission, and the Army Corps of Engineers to the Metlakatla Indian Community to build a road connecting the town with a ferry dock that will be built on the northeast side of the island.

Regular ferry service will provide a link between this island and Ketchikan, Alaska’s fifth-largest city, across the bay, increasing access to medical, educational, and legal services as well as providing employment opportunities to the Metlakatla residents.

The winter construction season on the road began Oct. 1 and will concentrate mainly on drilling, blasting and hauling rock from a portion of the road near where the State of Alaska will construct a new ferry terminal. There will also be construc-



**Military members and contractors prepare an area for blasting for Operation Alaskan Road on Annette Island, Alaska. The project is administered through the Innovative Readiness Training Program and provides valuable experience for military members on many road building and construction skills that they have use in the Global War on Terror.**

tion at the other end of the road near Metlakatla.

“The Federal Highways Administration received funding for this special construction season,” said Mr. Dave Bich, project planner. “The work will be done by contractors with management oversight provided by Joint Task Force-Operation Alaskan Road military members. This special winter construction season will allow us to finish up DoD’s portion by the end of 2007.”

The road’s specifications – determined by the Federal Highways Administration – call for a 14.5-mile road, two lanes wide, capable of 50-mph travel at a grade of seven percent or less. Design changes over the years have reduced the speed limit to 35 miles per hour in several areas.

This year’s road-building crew was a true joint force, with all branches of the U.S. Military represented – Army, Navy, Air Force, and Marines, active-duty, reserve and National Guard. More than 900 people were trained this season from units all over the U.S. including Virginia,

Pennsylvania, Arkansas, Missouri, Texas, Hawaii and New York. Since construction began in 1997 more than 11,000 Reserve, Guard and active duty members have worked and been trained on the road project.

The military part of the project is

scheduled to continue through 2007, after which the road will be turned over to the Federal Highway Administration for asphaltting and the addition of lines, signs, and guard rails.

The military participates in the project under the Innovative Readiness Training Program, administered by the Assistant Secretary of Defense for Reserve Affairs in Washington D.C.

IRT is designed to promote civilian-military cooperation through projects that contribute to – and enhance – military training and readiness, and fill a need that is not otherwise being met.

The success of the Joint Task Force depends on support from a number of agencies, including the Alaska Department of Transportation and Public Facilities, the Bureau of Indian Affairs, Alaska Fish and Wildlife Service, the Environmental Protection Agency, the Metlakatla Indian Community and others.

“We would not be where we are today without the tremendous support we have received from our agency partners,” said Colonel Curtis. “This has truly been a team effort.”



**Blasts, like this one on Aug. 31, are expected to continue over the winter on Operation Alaskan Road. Military construction on the road is scheduled to be finished by the fall of 2007. (Photos by Sgt. 1st Class Jeffery Brummer)**



### Gettin’ ready for snow

Members of the 3rd Civil Engineer Squadron snow removal shop drive snow removal machines from Arctic Warrior Drive to the Snow Barn during the annual snow parade Oct. 6. When conditions warrant, the snow-removal teams maintain 24-hour operations. The minimum distance for moving vehicles following behind a snow plow is 75 feet, so please slow down and give the machines room to operate and do not attempt to cross their path. (Photo by Tech. Sgt. Alan Port)



# PFD pitfalls are an opportunity to excel year round

The Permanent Fund Dividends come out annually, and with them the local businesses wanting a piece of the pie.

This is a time for many Alaskans to decide they will change their way of spending. It's a great opportunity for change.

The Military and Family Readiness Center here receives information on the latest financial management and investment techniques as it becomes available and regularly passes it on to the Elmendorf community.

The MFRC has several staff members available to educate members and families on financial benefits.

The financial counseling staff get to know many of Elmendorf's members in a way few can.

Many people go to the financial classes when they're mandated to, but a great many return for ongoing programs and the one-on-one financial consultation, because the information they receive is practical

and targeted to meet their individual needs.

According to financial counselors Bob LaVigne and Mike LeMaitre, the reasons why clients most often seek out financial consultations range from a need to develop goals in establishing basic budgeting plans and becoming debt-free, to developing investment planning and money market investment strategies or managing IRAs with the money they've managed to save.

Many of the clients come in during PFD time to put that money to good future use for themselves and their families.

The financial counselors at the MFRC usually start off with a budget analysis, according to Mr. LaVigne and Mr. LeMaitre, which helps an individual or couple focus on their living expenses versus their income.

From there, they can determine whether there is a surplus or deficit remaining each month, and what goals or changes need to be made. They have found most people often

have a surplus of money.

To determine where the surplus is going, a monitoring program is then developed and each participant begins to jot down any money they spend, no matter how large or small.

One pitfall is many people are pulled in by gimmicks, sales pitches or salespeople who just won't take no for an answer.

Once people focus on their spending, many are able to achieve savings by simply refraining from spending unnecessarily. Individual monitoring helps isolate specific behaviors to modify.

The MFRC also offers assistance via the Power Pay Program that was developed by the University of Utah, which generates a computerized payment analysis that was specifically designed to help people become totally debt free, much faster than they normally would.

This also helps them gain the ability to invest and save a large amount of money over the period of time they are stationed at Elmendorf.

When asked about the difference between Elmendorf's financial program at the MFRC and financial seminars offered downtown, Lavigne and LeMaitre say, "The main difference is they don't have us. They don't have an informed counselor that's a disinterested party to assist them. Someone that's impartial, someone that they can report to that's nonthreatening. The difference is clients can get information, education and counseling without being obligated to buy anything."

But for the most part, the worst enemy yet, is not high pressure marketing, gimmicks, lack of knowledge, stress or impulse buying, "it's the 'P' word."

As Lavigne and LeMaitre say, "meaning procrastination – that keeps people from learning to succeed."

Let this year be the year that you enjoy the PFD and turn over a new financial leaf in your life. Stop by the Military and Family Readiness Center or call them at 552-4943.



## Don't let medical privacy laws lock you out

By Mark Jecker  
TriWest Healthcare Alliance

When the doctor's bill came, the wife of a deployed servicemember didn't know what any of the charges were for – and nobody could tell her, even though she was paying the bill.

The law is the 1996 Health Insurance Portability and

Accountability Act, called HIPAA. It is designed to safeguard patients' protected health information (PHI) while giving health care providers the access they need to furnish high-quality care.

The wife couldn't get the needed information because she did not have her deployed husband's written consent

**Medical**, see page 5



Winning performance

Andrea Jones, Kimberly Cody, and Heather Cody sing “Stand up for Love,” by Destiny’s Child during the Family and Teen Talent Show Oct. 6. The three won Best Overall performance, and each received a \$75 savings bond. In addition to the overall performance, prizes were awarded for Best Solo, a \$75 savings bond and Best Group, a \$50 savings bond per member. Participants each received a \$25 savings bond. (Photo Tech. Sgt. Alan Port)

Medical, from page 4

to share his medical information with her. It was a simple oversight, but it’s an oversight that can cause problems.

The wife needs to file an Authorization to Disclose form with TriWest. This form needs to be signed by her husband or be accompanied by her husband’s power of attorney authorizing her to act on his behalf. The Authorization to Disclose form is available under “Find a Form” at [www.triwest.com](http://www.triwest.com).

“Without a written consent, we cannot release the patient’s medical information,” said Brendan Alsup, Director of Internal Audit and Corp

Compliance for TriWest Healthcare Alliance. “Depending upon the circumstance, we may also need supporting documents, such as birth or death certificates, adoption or custody papers or divorce agreements.

“However,” he said, “a patient’s protected health information may be disclosed in emergency situations, without authorization, to allow for prompt emergency care.”

Disclosure without authorization includes, allowing a primary care physician to release a patient’s information to other doctors, specialists, pharmacists or laboratory technicians, who need it to carry out activities and job requirements in the interest of the patient.

Mr. Alsup said anyone who has

visited a health care provider’s office since the HIPAA privacy rule took effect should have received a Notice of Privacy Practices, which informs patients of their right to

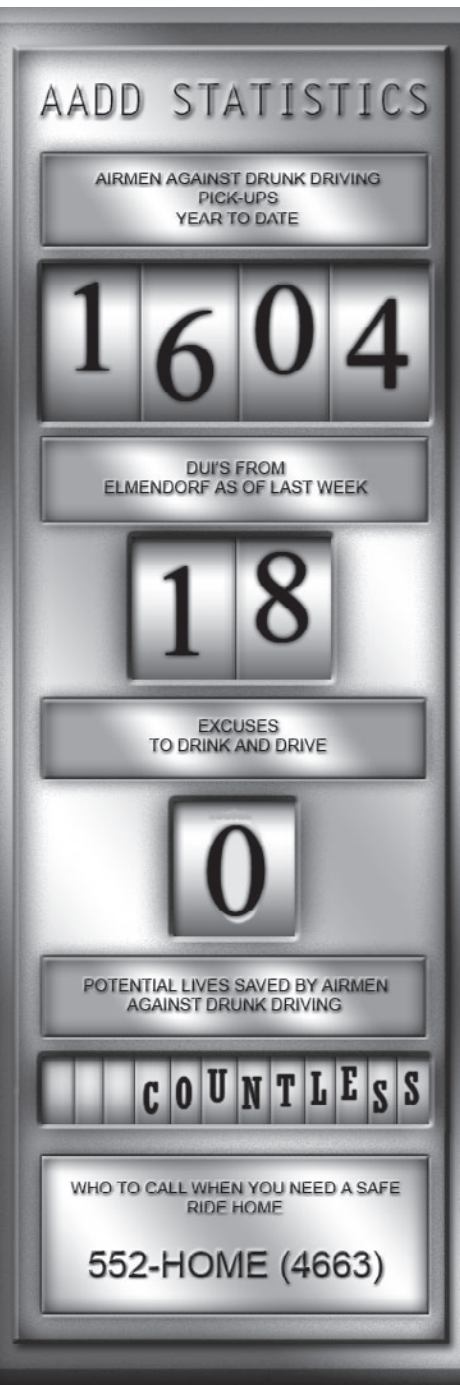
- access, review and obtain a copy of their PHI
- request an accounting of any inadvertent or unauthorized disclosures of their PHI
- amend inaccurate or incomplete PHI
- request that communication about their PHI take place by alternative means or in an alternative location
- restrict the use and disclosure of their PHI

As an additional resource, privacy officers are located at every

military treatment facility, serving as beneficiary advocates and responding to inquiries. They help ensure that PHI remains accessible to beneficiaries and their providers but remains protected from unauthorized access.

Once the service member’s wife gained authorization to see her husband’s medical records, she was able to keep better track of her family’s medical expenses and records by calling (888) 874-9378), registering at [www.triest.com](http://www.triest.com) to check her family claims online, and by visiting the local TRICARE Service Center.

For more information, beneficiaries can consult the MHS Notice of Privacy Practices, which is available at [www.tricare.osd.mil/hipaa](http://www.tricare.osd.mil/hipaa).



Ski Swap

The annual Ski and Sports Swap will take place from 10 a.m.-2 p.m. Oct. 28. If you would like to sell your slightly used sports equipment, you can drop it off from 11 a.m.-4 p.m. Oct. 24-27 at the Outdoor Recreation center, or from 9 a.m.-10 a.m. Oct. 28 at the Hillberg Ski Area. For more information, call Tawnya Adams at 428-1878.

Arctic Bazaar

The Elmendorf Officers’ Spouses’ Organization Arctic Bazaar is 9 a.m.-5 p.m. Saturday in Hanger 5. The bazaar features unique Alaskan and hand-crafted merchandise along with food and fun for the kids. Admission and parking are free. The general public is invited and can enter the base through Post Road Gate with a photo ID. For more information, visit [www.elmendorfoso.com](http://www.elmendorfoso.com).

There will also be an increase in traffic at the Post Road Gate and on Arctic Warrior, especially near and in front of Hangar 5 on Friday and Saturday. The Elmendorf Officers’ Spouses’ Organization thanks you in advance for your patience.

Spouse TA

Spouse Tuition Assistance Applications will be accepted at the Base Ed Center, 4109 Bullard Ave from Nov. 23-Dec. 7 for classes beginning in January 07. Please register with your school and firm up your classes before submitting your application. If you are out of

state during the application period place your application, pay stub, and military leave and earning statement in a sealed envelop and have a friend or relative submit it during the application period. If your application is incomplete or has errors it will not be accepted unless you can correct the errors prior to the end of the application period. Applications will not be accepted early or via fax. These procedures are implemented to ensure all applicants are treated equally during the application period. Education Center hours are Monday -Tuesday and Thursday – Friday 7:30 a.m.-4 p.m. and Wednesday 7:30 a.m.-2 p.m.

Airmen’s Ministry

The Airmen’s Ministry at the Elmendorf Chapel invites all Airmen to come out and take part in weekly activities. Every Friday evening is game night (includes free food), with tournaments at the Igloo and cash-prizes for all the winners. Interested in XBOX 360, or the new Playstation3? What about Texas Hold ‘Em? Or how about PC gaming and the new Internet Café? Then come out and take part. All are welcome. For more information, call Chaplain (Capt.) Kyle Hundley at 552-4422 or 301-5193.

Ebony and Ivory Steppers party

Alaska Sport Bike Riders is having their 3rd Annual Ebony

and Ivory Steppers party at 9 p.m. Saturday at the Susitna Club Ballroom. This is a semi-formal event. It’s \$15 per person or \$25 per couple. For more information, call Staff Sgt. Shawn Crawford at 552-1997.

Communications courses

A Special Intensive Communication course will be offered through the University of Alaska Anchorage at the Elmendorf Base Education Center. The two-week Comm A241 Public Speaking course provides three college credits applicable to the Community College of the Air Force degree requirement in ten four-hour sessions. The course will be offered Oct. 20-Nov. 2.

Also, a special eight week course, designed to meet CCAF requirements begins Oct. 28.

For more information contact UAA at 753-0204.

TSA liquids ban

Travelers on international and domestic flights may now carry travel-size toiletries (3 ounces or less) that fit comfortably in one, quart-size, clear plastic, zip-top bag through security checkpoints. More information is available on the TSA Website for Prohibited Items at [www.tsa.gov](http://www.tsa.gov). All AMC Passenger Terminals are required to be in full compliance with all TSA rules and regulations. For additional passen-



ger or flight information contact the AMC Passenger Terminal at 552-4616/8588.

Home buying seminar

The Elmendorf Housing Office is offering a home purchasing seminar at 1 p.m. Monday at the housing office, 6346 Arctic Warrior Dr. The class lasts for two to three hours. There is limited seating. Call 552-4439 or 552-4328 for reservations.

New AMC passenger terminal hours

Effective immediately, the AMC Passenger Terminal hours of operation are 4 a.m.-10 p.m. daily. If a flight is scheduled to arrive between 10 p.m.-4 a.m., the passenger terminal will remain open for the flight. For more information please contact the AMC Passenger Terminal at 552-4616/8588.

Mariachi Mass

In conjunction with Hispanic Heritage Month, the 3rd Wing Chaplains invite you to join them for a Mariachi Mass at 10:30 a.m. Oct. 8 at Chapel 1. For more information, call Chaplain (Maj.) Patrick Fletcher at 552-4422.

DANTES testing

Wayland Baptist University now administers DANTES examinations at their Parkside Center, 7801 E. 32nd Ave, across from the Totem Theater off Muldoon Road. Tests are administered daily by appointment

only. Both CLEP and DANTES tests are available. Active-duty service members and civilians may test at the Wayland site.

For more information or appointments, call Darla Waller at 333-2277.

Iditarod dining facility hours changed

The hours of operation for the Iditarod Dining facility have changed.

The new hours are: breakfast, 6-7:30 a.m.; lunch, 11 a.m.-1 p.m.; and dinner, 5-7 p.m.

Weekend brunch and midnight meals are no longer available.

The Kenai Dining Facility is still closed except for the 24 hour operations in the flight kitchen. Those who would like to pick up meals after hours can utilize the flight kitchen for box meals, but you must be in uniform.

Trick-or-Treat hours

Trick-or-Treating for base residents takes place Oct. 31 6-8 p.m.

The 732nd Air Mobility Squadron Passenger Terminal will provide courtesy X-ray of Halloween candy from 5-11 p.m. Oct 30-31 at the AMC Passenger Terminal, 10364 18th Street. For more information, contact the AMC Passenger Terminal at 552-4616.

New AMFH Web site

Aurora Military Family Housing now offers a Web site for current

tenants, as well as families who are considering the advantages of on-base living.

The site is [www.auroramilitary-housing.com](http://www.auroramilitary-housing.com). A variety of information such as house floor plans, how to call in a work order, what the U-Fix-it Store offers, frequently asked questions, newsletters and much more are available on the site.

Free renter’s insurance

All Aurora military housing tenants can receive free renter’s insurance by calling 279-9000. If you have the policy, you are eligible for monthly credit. For more information, call 753-1023.

Boy Scouts

The Boy Scouts on base are looking for leaders. If interested in becoming a leader, call 333-0922.

ROTC briefing

Capt. Michael Goldbaugh, Headquarters ROTC representative, will be visiting Elmendorf at 11 a.m. Oct. 25 in the Education Center Auditorium to give an ROTC briefing.

Anyone interested in applying for one of the four Air Force ROTC enlisted commissioning programs is highly encouraged to attend.

Captain Goldbaugh is an expert on ROTC matters and can answer any questions you may have about the various programs and offer advice on preparing your application package. This is a rare opportunity that shouldn’t be missed. No appointment

is necessary. The briefing is expected to last about an hour.

EOSO luncheon

Deborah Bonito, Anchorage’s First Lady, will be the guest speaker at the Elmendorf Officers’ Spouses’ Organization luncheon at 11 a.m. Thursday at the Susitna Club. Members are asked to bring along a donation of non-perishable food items, diapers or baby wipes for the Chapel Food Drive.

R.S.V.P. to Christine at 677-1163 or [reservations@elmendorfoso.com](mailto:reservations@elmendorfoso.com) by Monday.

STAR volunteers needed

Standing Together Against Rape is Anchorage’s sexual violence program. STAR provides services to adult and child victims of sexual violence through advocacy including crisis intervention and continued support, a 24-hour crisis line, legal advocacy, and support groups.

Extensive professional training will be offered to people interested in volunteering at STAR. Volunteer opportunities include event fundraisers, crisis line, medical advocacy, speaker’s bureau, support group cofacilitation, and many other occasions.

Evening training sessions begin Monday.

For details, call Rebecca Fleming at 276-2729 or e-mail [bfleming@staralaska.org](mailto:bfleming@staralaska.org) or visit the STAR Web site at [www.staralaska.com](http://www.staralaska.com).



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN

## Senior Airman Donald Lewis

**Organization and duty title:** 11th Operational Weather Squadron forecast journeyman

**Hometown:** Conneaut, Ohio

**Hobbies:** Playing Video games with my wife

**How do you contribute to the Arctic Warrior mission:** Prepares flight weather briefings and produce weather hazard graphics charts from eastern Canada to Russia.

**How long have you been stationed at Elmendorf:** Two years, six months

**Time in the Air Force:** Three years, two months

**Best part about being in Alaska:** The forecast challenges associated with the rugged terrain.

**Quote from supervisor:** “Airman Lewis was selected out of 52 members of the Weather Squadron because of his exceptional support volunteering for Red Flag Alaska 2006 and his superb forecasting for Arctic Thunder 2006. He has also dedicated numerous hours to improving the local parks as well as training his peers to enhance the weather squadron’s capabilities.” 1st Lt Michael Ottenweller

## Master Sgt. Jeffery Powell

**Organization and duty title:** 732nd Air Mobility Squadron Passenger Service NCOIC

**Hometown:** Freeman, Va.

**Hobbies:** Camping, hunting, riding ATV’s

**How do you contribute to the Arctic Warrior mission:** Supports Department of Defense passenger movement, and Alaska installations.

**How long have you been stationed at Elmendorf:** Two years, five months

**Time in the Air Force:** 16 years, three months

**Best part about being in Alaska:** Enjoying the outdoors

**Quote from supervisor:** “Sergeant Powell is an outstanding SNCO. He plays a key role in the squadron’s ability to accomplish its mission, and is actively involved in the base and local community. I’ve had the opportunity to work with him for two years now, and he’s definitely my go-to guy. They don’t come much better than Sergeant Powell.” Capt Anthony Fowler



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN



# Proud to serve for more than 50 years

*"He's my best friend. He's always been there for me to support me through everything. He is a hard worker and always there for anyone, if they need him. There's just nothing bad to say about him," Norma Jean Facer, Mr. Facer's wife.*

**By Staff Sgt. Olenda Peña-Perez**  
3rd Wing Public Affairs

"Most people don't like corned beef, but that's because they haven't had mine."

Norman Facer doesn't worry about having leftovers when he cooks, because he knows how to make unpopular dishes into new favorites and after 52 years of service; 40 of those being a cook -- he does just that.

Mr. Facer, a cook at the Iditarod Dining Facility, was recognized and received a 50-year pin for serving in the Air Force as an active duty member and a civilian for more than 50 years.

At the age of 17, he joined the Air Force in 1955 with the encouragement of a couple of co-workers.

"I was working at a sawmill at the time and a couple of older guys said they were going to join the Air Force next Monday and dared me to join with them, so I showed up - they didn't, and I joined up," he said. "Anyway, it was the best thing I ever did."

He was sworn into the Air Force at Fort Douglas, Salt Lake City, Utah, and then sent to Parks Air Force Base, Pleasanton, Calif., for basic training.

"I was only 17 years old and knew nothing about the military, and when I got to basic I couldn't figure out why they yelled at you -- I found out later," he said.

Shortly after graduating basic in March 1955, Parks AFB was closed. Mr. Facer went to aircraft maintenance school at Amarillo AFB, Amarillo, Texas, for single engine jets including the F-86, F-94 and T-33.

"It was pretty challenging for a dumb ol' farm boy who had never seen a jet plane," he said.

After graduating, Amarillo AFB was closed.

When he got to his first duty station, Yuma Municipal Airport, Yuma, Arizona, at 2 a.m. it was 120 degrees.

"I wondered what had I gotten into," he said. "When I arrived at the base at 8 a.m., all I could see were tents. I asked what was going on and was told it was a new base and we would have to live in tents until we got new buildings -- it took two years."

When I reported to the orderly room, the first sergeant asked me where my parents were. I told him they were in Idaho, and I was reporting in -- he said 'damn they're sending me kids now.' I was told I was assigned to a very elite base."

Nearly everyone stationed there were either F-86 pilots or Aces from the Korean War. Mr. Facer became an assistant crew chief on his commander's (Col. Jabar) F-86, and about a year later he replaced the crew chief who changed station. He also received his third stripe.

"I was pretty proud that I was given the colonel's plane to crew. It was quite a privilege," he said.

While he was stationed at Yuma, Mr. Facer started working part time helping chefs at the Stardust and Flamingo Hotels.

"My second career was started, and I had some very good chefs to learn from," he said.

After the new buildings were up in 1957, the base was sold to the Marines for \$1, and he was



**Norman Facer shows his basic training picture from Parks Air Force Base, Pleasanton, Calif, in 1955. He is a cook at the Iditarod Dining Facility. He is proud to wake up at 3:30 a.m. to feed the service members here. (Photo by Senior Airman Garrett Hothan)**

sent to Tyndall AFB, Panama City, Fla. After getting to Florida in 1958, he started working on F-101's and F-102's, he was married and had a baby girl, Melanie, and he started working part time at some restaurants and hotels as a cook.

In 1959, he was temporarily deployed to Macdill AFB, Tampa, Fla., for one year, and then returned to Tyndall. In November 1961, he received orders to Elmendorf AFB, Anchorage, Alaska.

"My wife wasn't too keen about going to Alaska, but still came along, and we arrived in March 1962," he said. "When I reported to the orderly room, I was told I would be on heavy maintenance crew, but first, all new people had to do 30 days of kitchen patrol."

During K.P. duty, Mr. Facer became good friends with Mr. Delk from the base welding shop.

Mr. Delk and he were friends for more than 40 years before Mr. Delk passed away.

"He helped restore the P-38 static display, and the day before its dedication, he passed away. It was quite a shock," he said.

In August 1962, Mr. Facer's wife took their 2-year old daughter and newborn son back to Florida, and they parted ways.

"In 1963, I was sent to the ejection systems school and we opened our shop the very day President Kennedy was assassinated."

Mr. Facer, again, started working part time at a restaurant on Government Hill and in a bowling alley, which is now a church.

"This is where I met my present wife in 1964," he said. "I worked with her sister, she told me that her sis was coming to visit her from Texas and wanted me to meet her. When Norma got here, she introduced her to me, and I didn't believe they were sisters. Sandy was short and brunette and Norma was a good looking, long-legged, redhead. This

lady is my pride and joy to this day. We've been married for 41 years. She brought a son, Rick, with her and we had a son, Keith, together. You might have seen him in real estate magazines. He is quite successful and the only millionaire in the Facer family."

In 1966, Mr. Facer was transferred to Edwards AFB, California. He was only there a short time before coming back to Alaska. He got out of the Air Force, Aug. 12, 1966.

"When we came back, I leased a restaurant in Government Hill and many of the people from the base would come eat with us. One day in 1967, a lady from the civilian personnel office came in and mentioned they were hiring cooks, so I applied and was hired. I worked one year at the Yukon Dining Hall before it was closed. I was then transferred to Kenai Dining Hall where I worked for most of the last 40 years.

"I've had a good career in food service and met many interesting people from all over the world, including a lot of our country's leaders like President Bill Clinton when he was here in the late 80's. I got to sit with Hillary and I talked to her and she said she really liked Alaska.

"I take much pride in saying I've worked for the Air Force for over 50 years. I think the Air Force is the greatest organization in the world, and I tell many people this very thing; 'if it weren't for the Air Force, we wouldn't be a free nation and our standard of living wouldn't exist.'"

Mr. Facer said he has received many awards but the one he was most proud of was when he won Civilian Employee of the Year for Alaska in 1989.

Unfortunately for the people at Elmendorf, Mr. Facer put in his retirement paperwork Oct. 3 and plans to make it official Jan. 5. Good luck to you, Mr. Facer.

## The Facer family has been in Alaska since 1942

My family has been involved in Alaska since World War II. Uncle Evan, my dad's brother, was in the Aleutians during the occupation by Japan in 1942.

Four uncles on my mother's side hauled all the hangar doors from Hill AFB, Utah, to Elmendorf. The road to Anchorage wasn't

finished, so a bulldozer road was made along and in the Matanuska River and sometimes they were pulled along by the bulldozer during the winter of 1943-1944.

A cousin was stationed at Fire Island as a supply sergeant at the radar station in the mid '50's, his name was Sherman Facer.

In 1963, my brother, Jerry, was assigned here at the Mobility Air Command Squadron. He came in as a one-striper and retired as an E-8 in 1987.

He passed away this past July from a brain tumor. He thought it was from Agent Orange that he was exposed to while handling it in

Vietnam.

My brother Odell came up as a civilian in late 1960. He worked at Fort Richardson as a heavy equipment mechanic.

My brother Dennis was a security policeman at Clear AF Station. His son is now stationed at Eielson AFB as an aircraft controller.



# 732nd AMS provides support to more than 7,000 aircraft, passengers a year

By Staff Sgt. Olenda Peña-Perez  
3rd Wing Public Affairs

How do more than 3,500 Army Soldiers deploy from Alaska? It's all in a day's work for the members of the 732nd Air Mobility Squadron.

"It's not as simple as loading people and luggage on a plane and sending them on their way," said Tech. Sgt. Rafael Peña-Perez, 732nd AMS Aerospace Maintenance Technician Crew Chief. "It takes teamwork from people in each section of our squadron to make it possible for us to send the biggest group ever to deploy from Alaska off in only 8 days."

"I am extremely proud of the Husky Family for their extraordinary efforts supporting the warfighter over the last week and a half," said Lt. Col. Michael Oberbroeckling, 732nd AMS commander.

The 732 AMS is an Air Mobility Command asset assigned to this Pacific Air Forces base and is part of AMC's en route system for providing support to mobility transport aircraft around the world.

AMS is divided into three flights, including the Air Mobility Command and Control Flight, Maintenance Flight and the Aerial Port Flight.

Each of these sections provide support to aircraft and have very important roles in making sure each aircraft that comes through Elmendorf has what it needs to complete the mission, Sergeant Peña-Perez said.

The Air Mobility Command and Control

Center is the focal point for aircrews transiting through Elmendorf. AMCC is broken down into three sections: Operations, Maintenance and Air Terminal Operations Center controllers. Between the three of them, they are responsible for 24-hour coverage of day-to-day management and coordination of all strategic airlift operations and aerial port operations for AMC.

The Operations controllers are in charge of the mission and aircrew management and track everything from the departure of aircraft from their previous station until its departure from here, according to Staff Sgt. Daphne Rippy, AMCC Senior Duty Controller.

"During my shift, I control every aspect that goes on with the mission from the ATOC guys making sure they stay on time with their sequence of events to the maintenance personnel to make sure their aircraft are fully mission capable," Sergeant Rippy said. "We also set the crews up for their billeting and transportation."

The ATOC is responsible for coordinating all aerial port functions in conjunction with the Air Mobility Control Center, host wing agencies and the Tanker Airlift Control Center. Between the 26 people in ATOC, they work nearly 600 aircraft a month.

"We serve as the aerial port focal point by controlling and directing all ground servicing and ensuring all tasks are carried out within required time constraints. ATOC collects and disseminates all necessary information to and from the respective aerial

port work centers, allowing all missions to depart safely and on-time," said Tech. Sgt. Raymond Madrid, ATOC shift supervisor.

The Maintenance Operations Center coordinates transient aircraft maintenance with squadron transportation, command and control personnel and with local base agencies. They work with AMC personnel to coordinate maintenance on non-mission capable aircraft to coordinate maintenance repair teams, said Master Sgt. Charles Ellerby, Maintenance Operations Center Controller.

The Maintenance Flight provides safe, reliable en route air mobility supply and maintenance support for all AMC and theater airlift transiting through here. Approximately 90 members from the maintenance flight work about 600 planes a month. Some of the aircraft that come here include the B-747, C-5, C-17, DC-6, DC-8, DC-10, KC-10, KC-135 and the L-1011.

"On military jets, we perform all the ground handling operations including maintenance, refueling and inspections," said Master Sgt. Daniel Schneider, production supervisor. "On civilian aircraft we perform safety inspections to make sure the aircraft is capable of safely transporting troops. We also ensure the contractors are meeting our standards for maintenance and servicing operations."

Sergeant Schneider said most planes stay on the ground for about 4-5 hours and there are usually 2-3 maintainers with the plane from the time it lands until it's airborne.

"Our job is very important because we are responsible for not only the aircraft but also the people. We make it happen, we are the heart of the Air Force to make sure the aircraft is worthy for service members," said Staff Sgt. Brian Taffin, Aerospace Maintenance Technician Crew Chief.

The Aerial Port Flight processes passengers and cargo, performs fleet services on all Department of Defense airlift and air refueling missions transiting, originating or terminating here.

In the passenger service section, they process and manifest duty passengers and Space Available passengers traveling within the Alaskan Theater, CONUS and overseas AOR. They also provide ground servicing to more than 600 aircraft and nearly 5,000 passengers who land here every month.

"As the sole manifesting agency on Elmendorf, we are tasked with accountability for each and every person who flies out of Elmendorf on military and commercial aircraft," said Staff Sgt. Chris Dye, passenger service supervisor. "We ensure war fighting troops get to their destination with the equipment they need safely, by the book and on time. We also have the responsibility to ensure the passenger's comforts are met with in flight meals and clean aircraft."

The Aircraft Services Section has 52 military and civilians who take part in aircraft loading and offloading, cargo build-up, Joint Inspection of deploying assets, cargo warehouse operations and hazardous material inspections.

"We support 17 Long Range Radar Sites within Alaska, with vital supplies, equipment and food. We are responsible for servicing aircraft that are in-transit from Asia, CONUS and other parts of the world," said Master Sgt. Brent Consbruck, NCO in charge of Freight Distribution. "We also provide support to deploying units from Ft.



Richardson and the 3rd Wing. In a nutshell, units cannot deploy cargo or equipment via aircraft without us."

Sergeant Consbruck said his section loads approximately 2.4 million pounds of cargo on about 600 aircraft each month.

The 26 people in the Fleet Section are there to make sure everyone on board has a comfortable flight.

"We provide lavatory, comfort items and meals ensuring accurate service is provided to 7,000 originating, terminating and transiting aircraft annually," said Tech. Sgt. Anelies Marroquin, Fleet Service shift supervisor. "We are responsible for coordinating with various agencies to include aircrew, base operations, in-flight kitchen, passenger services and the air terminal operations center to ensure maximum mission accomplishment."

It's not nearly as simple as loading people and luggage on a plane and sending them on their way. To get the mission done, it takes more than 270 people in AMS work-

ing 24 hours day, 365 days a year servicing the more than 7,000 aircraft every year.

"If you're on a plane coming through Elmendorf, we are here for you," Sergeant Peña-Perez said. "It might be snowing and -20, but AMS will see to it that you receive the support you need to complete your mission."

"All of our key agencies come together to support the warfighter. This past week epitomized the reason for our mission," said Lt. Col. Neil Fox, 732nd AMS Operations Officer. "The Husky team with integration from the 3rd Wing support agencies moved 3,417 soldiers and 484,500 pounds of baggage on 15 commercial aircraft and 483 tons of cargo on four C-5A's and three B747's culminating the largest single unit deployment in Alaskan history. These soldiers are our true customers, and it's a privilege for the 732nd Air Mobility Squadron to be the ones to deliver them to the fight. We salute their efforts and pray for their safe return."

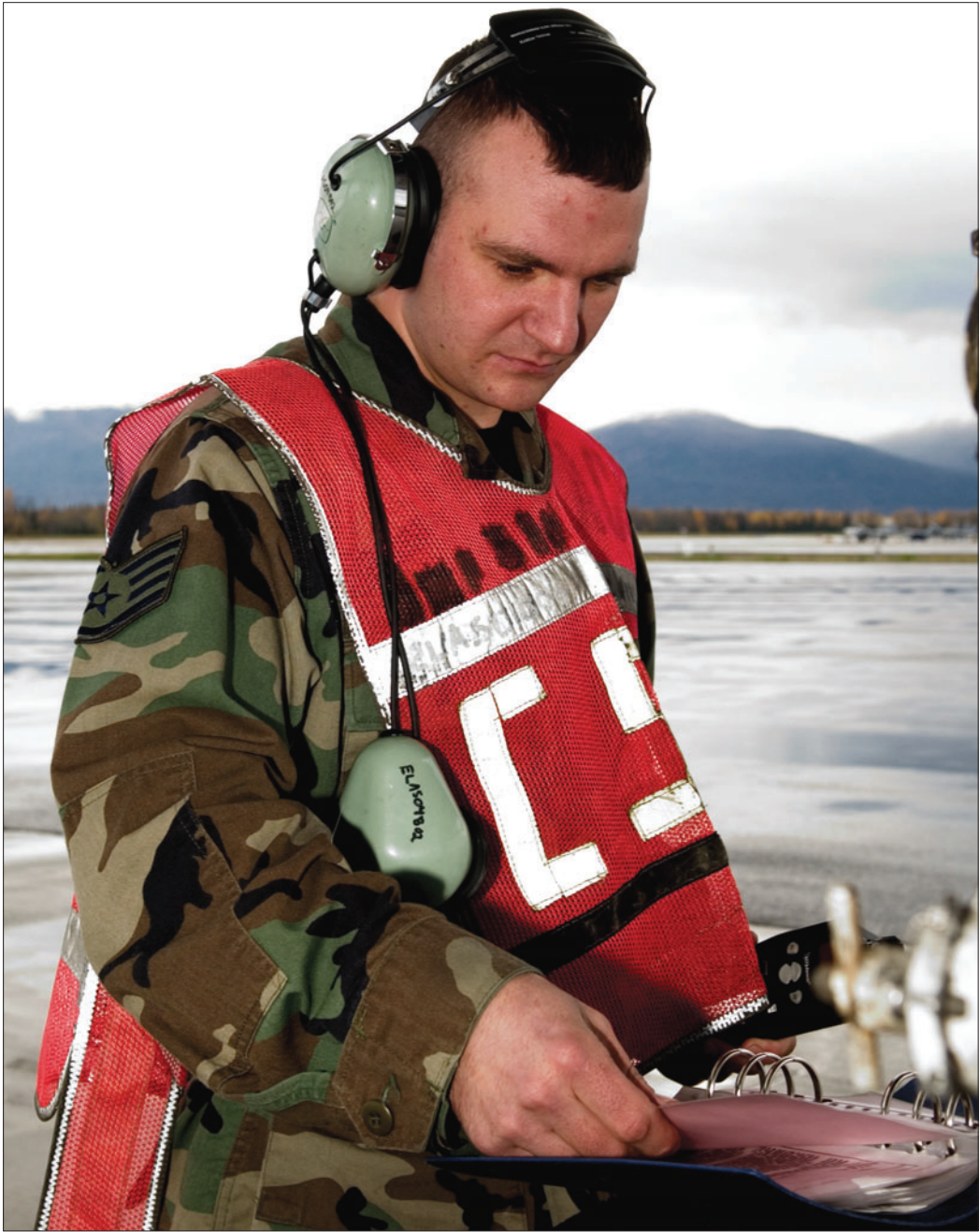


(Left) Staff Sgt. Christopher Dye, 732nd AMS, Passenger Service Shift Supervisor, takes a radio message while supervising bags being loaded for the Army. Nearly 500,000 pounds of baggage and 483 tons of cargo was loaded for the Army's year-long deployment.

(Above) Senior Airman Julio Lopez and Senior Airman Kandice Yoder, both from the 732nd AMS Passenger Service, watch as Army Soldiers board the plane. More than 3,000 soldiers deployed in eight days from here.

(Below) Staff Sgt. Daphne Rippy, 732nd AMS Air Mobility Control Center senior controller, takes a call about aircraft that need to be loaded.

*Photos by Tech. Sgt. Alan Port*



Staff Sgt. Brian Taffin, Aerospace Maintenance Technician Crew Chief, goes over a pre-departure checklist.

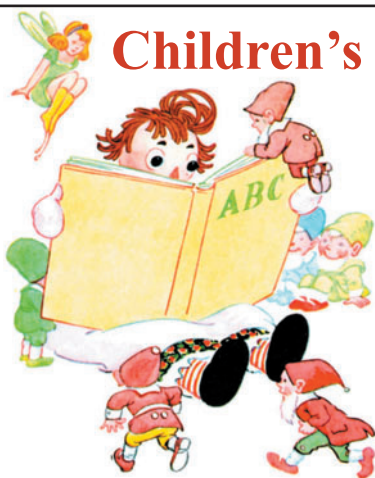






# Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community



## Children's Story and Craft Time

10-11 a.m. Tuesday & Thursday

This free program is for children, ages 3 and older, of parents involved in Yoga, Morning Coffee Conversation or massage appointments at the same time. Arctic Oasis, 552-8529

## Intro to Photography

5:30-9:30 p.m. Oct. 25

Bring your own camera

\$45

Limit five students



Arts & Crafts  
552-7012 or 552-2478

*The Comedy of*  
**BOB NIXON**



**MAGK COMEDY**  
**BALLOON ANIMALS**  
**BALLOON MAYHEM**  
**AND MUCH MORE...**

**Nicky and her Squeaky Friends**

Free Show  
1 p.m. Oct. 21  
Kashim Club



**ARMED FORCES ENTERTAINMENT** SM



Compete for large, medium and small squadron awards, trophies and discounts:

1) Show up in force at the event to enjoy camaraderie and fantastic social hour snacks.

2) Earn credit all month when you have lunch at the Susitna Café, simply place your lunch receipt in the Boss and Buddy box with your squadron name on it.

3) Winning squadrons receive an additional 10 percent discount at lunch for the month after they win!

4:30 p.m. Thursday

### Today

**Teen Center and Skate Park Grand Re-Opening** 3 p.m., cake, ribbon-cutting and skate demo at Arctic Oasis, 552-8529

**RC DJ** (The Rajun Cajun) 9 p.m.-3 a.m., adults only, Kashim Club, 753-6131

**Club Member Social Hour** 5-6 p.m., featuring "Super Friday", adults only, Kashim Lounge, 753-6131

### Saturday

**Oil Painting "Mountain Scene and Northern Lights"** 11:30 a.m.-3 p.m. also Oct. 21, bring a 16- by 20-inch canvas, \$35 each day includes all supplies, Arts & Crafts, 552-7012 or 552-2478

**Auto Auction** 1 p.m., viewing 11 a.m., for details contact Auto Hobby, 552-3473

**Beginner Watercolor** 11 a.m.-3 p.m. also Oct. 21, \$45 plus supplies, Arts & Crafts, 552-7012 or 552-2478

**Kid's Corner "Red Apple Candles"** 1-3 p.m., ages 3-15, \$15, sign-up early, Arts & Crafts, 552-7012 or 552-2478

**Xtreme Bowling with a DJ** 9 p.m.-1 a.m., \$18 per person including shoe rental, Polar Bowl, 552-4108

**DJ Karaoke** 9 p.m., adults only, Kashim Lounge, 753-6131

### Sunday

**Football Frenzy** 7:30 a.m., enjoy the *NFL Sunday Ticket* on nine big screens, Kashim Club, 753-6131

**Family Xtreme Bowling** 1-8 p.m., \$30 for up to six bowlers, shoe rental, one lane for two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108

**Sunday Brunch** 10:30 a.m.-1:30 p.m., \$16.95 *Members First* price, \$19.95 regular price, \$7.95 for children age 6-12, Susitna Café, 753-3131

### Monday

**Kids Bowl Free** 5-9 p.m., one free game for the child for each paid game the parent bowls, Polar Bowl, 552-4108

**Monday Night Football** 4 p.m., free chili, weekly and grand prizes for club members, adults only, Kashim Club, 753-6131

**Taekwondo** 5-6 p.m. for white-orange belts and 6-7 p.m. for orange belts and above, ages 4 and older, \$40 per month, Arctic Oasis, 552-8529

### Tuesday

**Framing and Engraving Sale** through Oct. 21, save 20 percent, Far North Framing & Engraving, 552-7017 or 552-2470

**Bowler Appreciation Night** 5-9 p.m., \$1.75 a game and \$1.75 for shoe rental, Polar Bowl, 552-4108

### Wednesday

**Beading "Wire Coiling"** 6:30-8:30 p.m., \$25 plus supplies, Arts & Crafts, 552-7012 or 552-2478

**Wednesday Night Madness** 5-9 p.m., \$18 per lane, up to five bowlers, shoes not included, Polar Bowl, 552-4108

**Preschool Story Time** 10:30-11 a.m., for ages 5 and under, Halloween theme, Library, 552-3787

**New Parent Orientation** 9:30 a.m., Sitka and Denali Child Development Centers, 552-6409 and 552-8304

**New Parent Orientation** 8:30 a.m., Katmai CDC, 552-2697

### Thursday

**Dorm Key Night** 5-9 p.m., bring your dorm key and bowl for \$1.50 per game, Polar Bowl, 552-4108

### Oct. 20

**Kash In at the Kashim** 7 p.m., sign-ups 6 p.m., play Texas Hold 'Em, free for club members, \$5 regular price, adults only, Kashim Club, 753-6131

## Now Showing

at the Talkeetna Theater

Today 7 p.m. PG-13

### World Trade Center

In the aftermath of the World Trade Center disaster, hope is still alive. Refusing to bow down to terrorism, rescuers and family of the victims press forward. Their mission of rescue and recovery is driven by the faith that under each piece of rubble, a co-worker, a friend or a family member may be found. This is the true story of John McLoughlin and William J. Jimeno, the last two survivors extracted from Ground Zero and the rescuers who never gave up. It's a story of the true heroes of that fateful time in the story of the United States when buildings would fall and heroes would rise, literally from the ashes to inspire the entire human race.

Saturday 7 p.m. PG-13

### Cross Over

Noah Cruise, a naturally talented basketball player, is determined to become a doctor using his basketball scholarship to UCLA pre-med, rather than succumbing to the lure of a former sports agent Vaughn, and his push for Noah to go for the NBA. Noah's best friend, Tech, the buddy that covered for him and did time for an assault charge, is also an outstanding basketball player, but has less lofty ambitions - he wants to get his GED and win an underground street ball game against an arrogant rival, Jewelz. Noah and Tech's lives drastically change when they both fall in love with two local girls, Vanessa Lilly and Eboni Jackson, and take a fateful trip out to L.A. together.

Sunday 6 p.m. PG-13

### World Trade Center



Happy Birthday USN

By Captain Tony Wickman  
71st Flying Training Wing Public Affairs

ACROSS

- 1. Venomous snake
- 4. Grass field
- 7. Marshall Islands atoll site to nuclear testing
- 10. USN Spec Ops forces
- 12. LT T. G. \_\_\_\_; first Naval Aviator (1910)
- 13. Arched middle part of the human foot
- 15. Formerly
- 16. “Crouching Tiger, Hidden Dragon” director Lee
- 17. Decay
- 18. Animal doc
- 20. German article
- 21. Epoch
- 23. Char
- 24. Tokyo, formerly
- 25. Boatswain’s Mate First Class Edward \_\_\_\_; USN MOH recipient
- 27. Commodore Oliver Hazard \_\_\_\_; “Hero of Lake Erie” in War of 1812

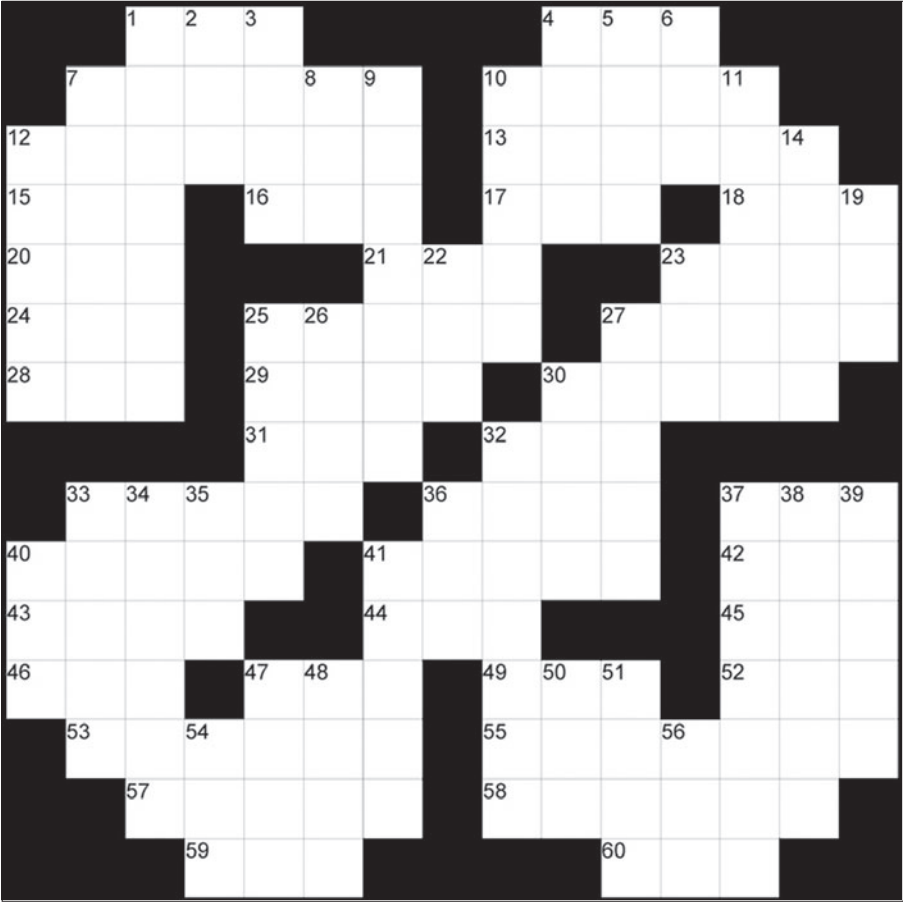
- 28. Mil. telephone system
- 29. Plunged
- 30. Admiral George \_\_\_\_; only Admiral of the Navy (1899)
- 31. No \_\_, ands or buts
- 32. Duty status, perhaps
- 33. Seafaring need
- 36. Limbs
- 37. Concorde, in brief
- 40. Hubris
- 41. Seeing or hearing
- 42. Fed. org. concerned with smog
- 43. Shakespeare villain
- 44. X, to Cicero
- 45. Branch of a military force
- 46. Wane
- 47. A long time \_\_\_\_ ...
- 49. USN rank
- 52. Foot part
- 53. USN civilian head
- 55. Commodore Stephen \_\_\_\_; Barbary Wars and War of 1812 hero
- 57. Provide with a quality or trait
- 58. Address for two or more people
- 59. Popeye’s girl Olive
- 60. \_\_\_\_ West; inflatable, vestlike life preserver

DOWN

- 1. Airfoil that controls lateral motion
- 2. “Vanilla \_\_\_\_”
- 3. Site of leaning tower
- 4. Late night host
- 5. Compass point
- 6. Model/actress Carol
- 7. Exsanguinates
- 8. Prefix for combatant or invasive
- 9. David S. \_\_\_\_; first USN ace (1918)
- 10. Sea nymph who lured sailors



Oct. 6 solutions



- to destruction
- 11. Strict
- 12. Terminated
- 14. RADM Robert \_\_\_\_; explorer and first person to the North Pole
- 19. Attempt
- 22. Hair care product
- 23. Embroider
- 25. Intensely interested
- 26. Right’s counterpart
- 27. Seaman Joachim \_\_\_\_; USN Medal of Honor recipient (Civil War)
- 30. Excavates
- 32. PT 109 skipper and future US president
- 33. Marine crustaceans
- 34. Lenah \_\_\_\_; Superintendent

- of Nurse Corps and Navy Cross recipient
- 35. Commotion
- 36. Confederate general
- 37. Pacific NW city home to SEA-FAIR festival
- 38. Dr. Mary \_\_\_\_; commissioned first female doctor in Navy (1950)
- 39. More domesticated
- 40. American \_\_\_\_
- 41. Kitchen appliance
- 47. Matlock’s Griffith
- 48. Ancient region of western Europe
- 50. Prefix meaning new
- 51. Refuse or worthless matter
- 54. USN military head
- 56. Auto club





# PT is here to stay

## *Now is the time to commit to a fitness lifestyle*

**By Capt. R.J. Litwin**  
3rd Operations Support Squadron

If you hear the acronym “PT” and automatically think, “that \_\_\_\_ test,” it’s time to reconsider your attitude.

What was once a neglected competency has now become a vital component of overall force readiness. As a twenty-plus year veteran of the Air Force, I’ve experienced the transition from Cold War stasis to expeditionary aggressiveness.

Along the way I’ve learned some lessons that may help you adjust to the PT lifestyle.

When I enlisted in 1986 the Air Force physical standards were enforced using two different tools: an annual 1.5 mile timed run and the Weight Management Program (affectionately known as the “fat boy program”).

Focus on a fit lifestyle was nonexistent. I watched fellow Airmen stub out cigarettes minutes before beginning the timed run. I witnessed individuals devouring laxatives and spending hours in the sauna to weigh in under their max.

The aforementioned tools did little to challenge the force to exceed standards; rather, they allowed people to barely meet them. Sadly, I drifted along with the crowd and let my physical fitness standards diminish.

When I reported to Iceland in 1992, I was over my max weight by eight pounds. At 19 percent body fat, I was a scant one-percent away from being placed on the “fat boy program.”

Up until that point, my career had been charmed. I was promoted to Senior Airman below-the-zone and had made E-5 my second time testing. I did not want my physical condition to put a stain on my sparkling record so I made some changes.

I decided to replace one meal per day with a dietary supplement, selected only “healthy heart” dishes at the dining facility, converted to drinking diet beverages and went to the fitness center daily.

Within five months I lost thirty-three pounds and have maintained that weight ever since.

Was it hard? Not really.

Combining the only two proven weight loss methods, proper diet and exercise, I just added some mental discipline and stuck to the plan.

Even though I was successful in my weight loss endeavor, I still didn’t have a fit lifestyle.

When I returned from my remote to Iceland, I continued eating wisely but once again lost focus on my personal fitness.

The Air Force had converted to the cycle ergometry test, and I was passing without an exercise regimen. There was no incentive to make the fitness center a daily stop.

I continued down this path for several years until it dawned on me that proper nutrition alone does not equal good health.

It wasn’t an event or an illness that changed my thinking—it was just a gradual understanding that I needed to “get in shape.”

I decided to start running. It was a cheap activity that didn’t require any particular skill!

At first I dreaded running but I was determined to stick with it. I didn’t run for long distances but I built up my time to 30 minutes per workout.

Strangely, I had to start altering my route because it became too short after several weeks.

Stranger still, I started to look forward to the runs. Over time I began to experience the endorphin rush (which some refer to as the “runner’s high”) and found that stress and worry simply disappeared with the miles.

At some point during this transition I had achieved a fitness lifestyle.

So what is a fitness lifestyle?

It’s recognition that physical well-being is a necessity for a healthy life. It means having a physical fitness regimen

that’s not imposed but desired.

When you actually need the workout you’ve achieved it. When you stop looking at the timed run as a test and instead view it as a challenge, you’re there.

Now that the destination is defined, it’s time to finish this up by answering the following question, “How do I achieve a fitness lifestyle?”

First, set clear goals (either time or distance) and hold yourself accountable for attaining them.

Second, work out at least three times per week (it’s been said that you only have to do something seven times before it becomes a habit—developing a fitness habit is the desired goal).

Third, combine PT with some form of entertainment. This can take numerous forms: scheduling a Sunday aerobic workout while your favorite sports team is on the field; take the kids to the Community Center and let them play while you pound out some miles; listen to music while working out; strap the little ones in a jogging stroller and plan to finish the workout at a park or other fun destination; and the list goes on.

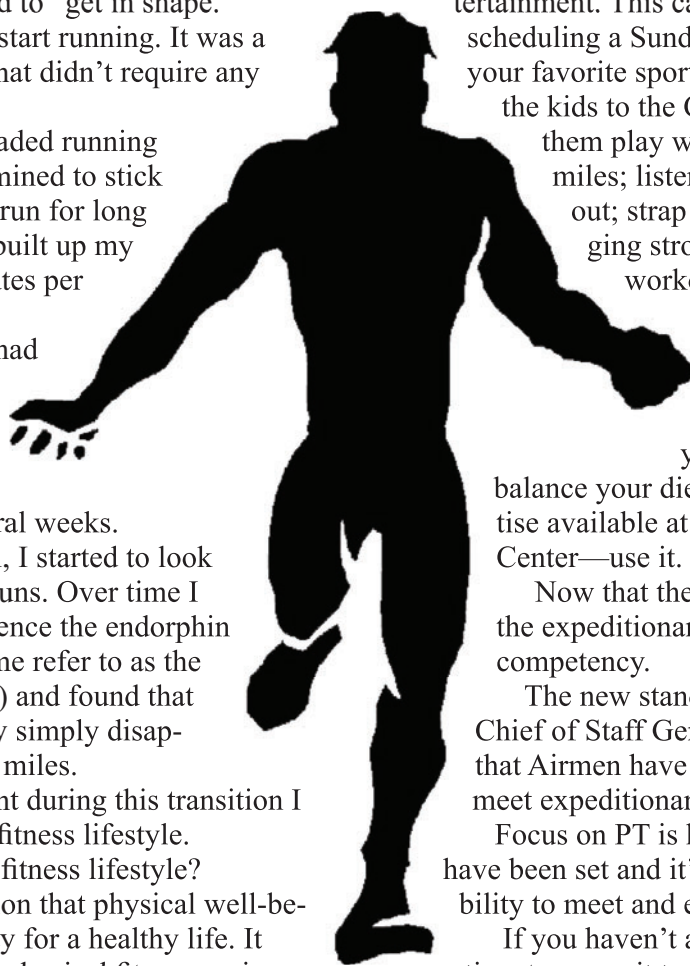
Lastly, eat nutritious and balanced meals. If you’re unsure of how to balance your diet, you’ve got free expertise available at the Health and Wellness Center—use it.

Now that the AF has fully embraced the expeditionary culture, PT is a core competency.

The new standards, established by then Chief of Staff Gen. John P. Jumper, ensure that Airmen have the physical capability to meet expeditionary demands.

Focus on PT is here to stay. The standards have been set and it’s an individual responsibility to meet and exceed them.

If you haven’t already done so, now is the time to commit to your own fitness lifestyle.



## My Top Five PT Tips

1. Shoes are important: this is a case of “you get what you pay for”, especially for running. I don’t recommend buying shoes “on the cheap.” There are local shops that will actually assess your stride on a treadmill and tell you what type (stability, cushioned, motion controlled, etc.) of shoe will work best for your stride.

2. Run Intervals: interval workouts increase your running pace and burn more calories for a longer period of time. Intervals aren’t difficult—run a specified length at strenuous pace and then slow down to recover; repeat the process. This is what’s referred to as “fartleking” in runner’s jargon.

3. Cross Train: to avoid boredom and aid in recovery.

4. Double the Distance: if you’re training for a 5K, train to a 10K distance. Likewise if you’re training for the Air Force 1.5 mile challenge, work up to at least 3 miles. Obviously this is recommended for distances less than a half marathon.

5. Make a PT Calendar: if you write your PT plan on paper, you’re much more likely to stick to your plan.